

## Miralax & Docolax Bowel Prep for

### Colonoscopy & Colon Surgery

A bowel prep is done to clear the bowel of all solid matter. Its purpose is to prepare the bowel for surgery or procedure. Please follow these instructions. Begin the bowel prep one day before your scheduled procedure.

#### To Prepare:

- Tell your doctor if you have diabetes or take blood thinners. You may need to stop some of your medicines a few days before your procedure.
- Ask your doctor if you should take any of your medicines the morning of your procedure. If so, take with sips of water only.
- One week before your procedure:
  - Do not take iron tablets.
  - Do not take fiber supplements like Metamucil, Citrucel or Fiberall.
  - Do not eat popcorn or any corn.
- You will need these items from the pharmacy:
  - Miralax in large bottle (8.3 ounces or 238 grams).
  - 4 Docolax or Bisacodyl tablets (5 miligram tablets).
- Buy a large 64-ounce bottle of sports drink such as Gatorade. **If you have diabetes,** buy a no or low calorie drink such as Crystal Light instead. This will be used to mix your Miralax the day before your procedure. Do not use carbonated beverages.
- Arrange to have adult bring you to your appointment. If you are having a colonoscopy, they will need to take you home after your test.

#### On the day before your test:

- Drink only *clear liquids*. **Avoid all red or purple colored liquids.** Do not eat any solid food or milk products until your procedure is done.
- Clear liquids:
  - Water
  - Strained fruit juices (no pulp)
  - Popsicles
  - Ice

- Gatorade
  - Clear broth or bouillon
  - Jello
  - Kool-Aid
  - Coffee or tea (no milk or cream)
- Follow the schedule in the table below for your bowel prep. You may need to get to the toilet right away. You will have many bowel movements through the day. They will become very watery. The bowels are clear or clean when there is only pale yellow fluid without flecks of stool.
    - **1:00 PM** Take 4 Dulcolax tablets with a drink of clear liquids.
    - **2:00 PM** Mix the Miralax in a 64-ounce bottle (2 quarts) of Gatorade or other clear liquid of choice. Cap the bottle and shake it to dissolve the powder. Most people like to drink the liquid chilled, so you may want to place it in the refrigerator.
    - **4:00 PM** Start to drink the Miralax. Drink one glass every 10 to 15 minutes. Drink it quickly rather than sipping small amounts because it does not taste that good. Finish drinking the liquid in 2 hours. Be sure to drink all of the liquid.
    - **12:00 Midnight** **Do not eat or drink anything after 12 midnight.** You may gargle but do not swallow any liquid. Do not smoke after 12 midnight.

### **The morning of the colonoscopy or surgery**

- Do not eat or drink anything until after your procedure.
- If you are to take your morning medicines, take it with small sips of water only.
- Bring all medicines you usually take (in the original containers) to the hospital with you.
- **If you are having a colonoscopy**, you will need to have an adult with you to take you home after your procedure. You will not be able to leave by yourself, and it will not be safe for you to drive because of the medicine you are given at the start of the procedure. You may be told to arrive 1 hour before your test is scheduled so that staff can get you ready. Expect to be at the clinic for 2 to 4 hours for your procedure and recovery time.

**Talk to your doctor or nurse if you have any questions or concerns**